

### Abstract

[0068] An apparatus for stabilizing movement of the patella in the patellofemoral joint comprises in one embodiment a base having an opening, a buttress secured to the base sheet member, a tensioning member secured to the base sheet member, a pair of tensioning arms secured to the buttress, a pair of tensioning arms secured to the tensioning member, a pair of compression members formed from the base, and a stabilizing member secured to an edge of the base. A method of stabilizing movement of the patella in the patellofemoral joint during physical activities comprises in one embodiment the steps of positioning a support brace having an opening against the knee, extending a portion of the brace against the knee to apply a first force against portions of the knee in the opening, and extending another portion of the brace against the knee to apply a second force against the knee.